

Please check one of the following in regards to your child's participation in the physical education program offered in the public schools:

_____ To the best of my knowledge, my child has NO PHYSICAL CONDITION which prevents him/her from participating in the physical education program offered in the Newport News Public Schools

_____ My child is NOT ABLE TO PARTICIPATE in the regular physical education program and requires activity modification. A Doctor's Physical Education Modified Program Form, available at all schools, must be filled out by a family physician and return to the school before modifications can begin.

Please list below any health or physical reason that you may not be able to fully participate in physical education class(a guardian will be contacted in regards to any issues listed below):

I have read and understand all rules/ procedures relating to Gildersleeve's Physical Education program included in this pamphlet.

Parent/Guardian NAME:

Guardian Email address and/or phone

Print student name:

Student Signature:

Period: _____

BE FIT FOR LIFE!



Gildersleeve
Physical Education
2010-2011

P.E. Staff Email Addresses:

Steve.Cretacci@nn.k12.va.us
Scott.Taylor@nn.k12.va.us
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Visit our Website via Gildersleeve's Web

page:

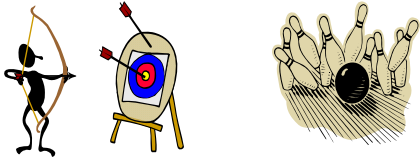
NEWPORT NEWS PUBLIC SCHOOLS PHYSICAL EDUCATION



Life Time Sports

Life Activities:

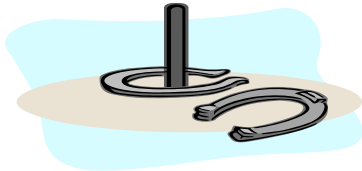
Golf, Skating, Archery, Bowling, and Tennis



Recreational Activities

Recreational Activities:

Ping-Pong, Rock wall, Bocce Ball Horseshoes, and Shuffleboard



Rhythm and Dance

Dance Activities:

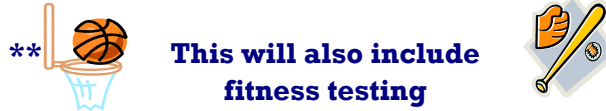
Exploring various movements to music and Line Dancing.



Team Sports

Team Activities

Football, Basketball, Tchoukball, Volleyball, Lacrosse, Floor hockey, and Soccer



**** This will also include fitness testing**



Technology in Use

Various types of technology such as: use of pedometers and heart rate monitors. digital cameras, video cameras, & computer lab work will be used throughout the school year.

GRADING:

20%- SAFETY

20%- Skill ASSESMENT

20%- WRITTEN ASSESSMENTS

40%- SKILL DEVELOPMENT /

ACTIVE MOVEMENT

25% of student's 9 week grade-FAMILY LIFE



Rules and Materials needed for ALL P.E. Classes:

1. Everyone is required to wear appropriate athletic shoes in order to participate in any physical education class activity. **No sandals, boots, dress shoes, and slippers. Also be sure not to wear loose or tight clothing that may hinder activity. Improper shoes or clothing will result in a 0 for the day.**

2. Lockers are available for use during P.E. to lock up valuables. We are not responsible for lost articles! Locks will be provided for students. NO personal items will be stored in the teachers offices or in the gym this includes hand bags or backpacks. Lost locks will cost \$5.00.

3. All students are expected to **participate** in all activities.

4. Students should conduct themselves in a **safe and orderly manner.**

5. Everyone should be treated with **respect, through actions and language.**

6. Always display **sportsmanlike conduct.**

7. Come to class prepared and on time.

8. Refrain from eating and chewing gum in the gym and locker rooms. Referrals will be given if problems continues.

9. **NO profanity.**

Additional Information:

In order to be excused from P.E. because of illness or injury, a signed note from a parent or guardian must be given to the teacher the day of class. After a week,(5 days) a doctor's note must be provided. Please make sure the Doctor's note is specific.